



Vol. 46, No. 30 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Aug. 19, 2005

5 News 164 Airmen
make staff sergeant
8-9 Feature Team
Yokota takes 'star' role
15 Sports Tokyo gets
taste of American football



By Col. Scott Goodwin
374th Airlift Wing commander

Greetings! On behalf of the men and women of Yokota Air Base, welcome to the 2005 Japanese-American Friendship Festival. We are honored to have you as our guests today and we hope you will enjoy your stay.

First of all, I'd like to say thank you for your continued support of Yokota Air Base and the United States Air Force. Your support is crucial to our ability to successfully accomplish our mission of ensuring the peace and prosperity of the Western Pacific region.

This year marks the 60th anniversary of Yokota Air Base. Since the end of World War II, our two great nations have grown closer to become great friends and the strongest allies the world knows today.

Each year we look forward to this wonderful opportunity to open our gates and show you, our gracious hosts, what we do and how we do it. As you enjoy the many sights, sounds and American traditions, we hope that you will make a new friend or strengthen an acquaintance.

Again, thanks for joining us here today. We look forward to your continued friendship and support...and we hope you have a great time!

JP

From Japanese airfield to Pacific's 'airlift hub'

Base history diverse, spans six decades

In August 1940 the Japanese Imperial Army established the relatively small Tama Army Airfield as its main test center and aviation maintenance school, a mission it continued during the Second World War. Sandwiched between Tachikawa Airfield and Iruma Airfield, Tama remained unnoticed by Allied intelligence until late 1944. Although close to Tachikawa, the US Army Air Forces eventually opted to label the base "Yokota" after a nearby village.

The base escaped the war relatively undamaged and managed to remain operational until Japan's surrender Aug. 15, 1945. Its close proximity to Tokyo, which was only 28 miles to the southeast, made Yokota an important location for American forces about to occupy Japan. Indeed, the first elements of Yokota's occupation arrived late on the evening Sept. 5 to a surprised base population.

Although there was initial tension, the handover was peaceful. Since that September evening 60 years ago, hundreds of Air Force units and tens of thousands of personnel have called Yokota home. The ramp has held fighters and bombers, recon aircraft, and cargo planes.

The 374th Airlift Wing is the current occupant of the base, along with tenants like Headquarters Fifth Air Force and Headquarters United States Forces, Japan, having arrived here in 1992 after the closure of Clark Air Base, Philippines. Established Aug. 10, 1948 and activated a week later as the 374th Troop Carrier Wing, the wing earned 10 campaign streamers in the Korean War and was decorated numerous times for its service in Vietnam. During its history the 374th has flown, in chronological order: C-54, C-46, C-47, C-124, C-119, VB-17, C-130, C-9, C-21 and UH-1. Today it flies the C-130, UH-1N, and C-21 aircraft.

During its time at Yokota, the airlift hub of the western Pacific, the 374th has participated in numerous exercises and operations. In the past year alone the wing flew relief missions to Niigata, Japan, after an earthquake there in November 2004; and it flew 944 sorties, 4,700,000 pounds of cargo, and carried 3,000 aid workers and refugees in the wake of the Indian Ocean tsunami of Dec. 26, 2004.

(Courtesy of 374th Airlift Wing History office)

JP

'Blast from the Past': looking back at Yokota's former aircraft

⇒ Throughout the base's more than 60 years, it has seen numerous Japanese and American aircraft that have called the base home. The wing is now home to 14 C-130 Hercules, four UH-1N Huey helicopters, and four C-21 Learjets. Pictured are some of the aircraft that have come and gone through the years.



VC-54 (1948-1957)



B-17 (1948-1957)



C-46 (1949-1951)



C-47 (1951-1957)



C-124 (1952-1957)



C-119 (1951, 1956-1957)



C-9 (1968-2002)

AD

Rappelling, fly-bys, static planes to entertain annual festival crowd

All eyes will be on the skies during the annual Japanese-American Friendship Festival here Saturday and Sunday.

Crowds will see a variety of aircraft demonstrations along with static displays from across military bases located in Japan.

The 374th Airlift Wing's primary aircraft, the C-130 Hercules, will drop military members from every branch of the U.S. military and Japan Self-Defense Force troops at low and high altitudes.

Airmen from the 374th Operations Group will rappel from the wing's UH-1N Huey helicopters.

The C-21 Learjets stationed

here will perform numerous take-offs and landing for the crowds.

Festival-goers may also see arrivals and departures from the Air Mobility Command terminal here, which supports aircraft such as KC-135 Stratotankers, KC-10 Extenders, C-17 Globemasters, and C-5 Galaxies.

Static displays include fighters, tanker aircraft, helicopters, trainers, and more from U.S. military bases across Japan. This year festival hosts a variety of aircraft from nearby JASDF bases.

More than 40 aircraft will be open to the festival-goers.

(Courtesy of 374th Airlift Wing Public Affairs)

JP

Heat, dehydration threatens if water, rest forgotten at festival

Heat injuries can easily occur with the temperatures we've had recently on the Kanto plain.

Keep in good health by staying properly hydrated and avoiding heat-related injuries.

The human body has an effective cooling system that depends on water. Evaporation of sweat cools skin, heat is drawn from your blood near the cooled skin and the cooled blood circulates to keep the insides at an acceptable temperature. Festival-goers need to sweat to regulate their temperature and to sweat you need to stay hydrated.

The best time to consume fluids is before becoming thirsty because by the time you are thirsty, the body is already dehydrated. Avoid drinks containing caffeine or alcohol while in the sun or heat. The best drinks are water or flavored sports drinks.

The best indicator of hydration is urine color. If you are urinating every couple of hours and the urine is clear or light yellow you are probably drinking enough water. The darker the color, the more you need to drink.

Most adults should drink three to five bottles of water per day, depending on their weight. For those who would like a more precise recommendation, try this formula: at a minimum, 1.5 quarts per day per 100 pounds of body weight (or about 1.5 liters for every 50 kilograms). If it's hot and humid, add about 0.5 quarts (or about 0.5 liters) per day.

Dehydration symptoms include: dry lips and tongue, headache, weakness, dizziness, or extreme fatigue, concentrated urine that appears darker than normal, muscle cramps, sweat dripping off your body, pounding heart

and rapid pulse, feeling breathless, dizzy, chilled, or nauseated.

Wear light-colored and loose-fitting clothing. Take a break in the shade. For every 30 minutes in the sun, try to get 15 minutes in the shade. Also, apply sunscreen to exposed skin – a sunburn is not only uncomfortable, it also limits the body's ability to sweat.

Watch very young and very old individuals carefully in hot weather – their bodies do not regulate temperature as well and they can rapidly become overheated.

It's important to remember that anytime a person who has been exposed to heat becomes disoriented or unconscious, seek medical attention immediately. A medical facility is located in Bldg. 820, which is next to Hangar 15.

(Courtesy of 374th Medical Group)

JP

AD

Adding to the festivities

Shuttle bus

The 374th Logistics Readiness Squadron will run a shuttle bus from 7 a.m. to 10 p.m. Saturday and Sunday. Pick-up and drop-off points are the Taiyo Recreation Center, long-term parking, Kanto Lodge, Yujo Recreation Center, Yokota Community Center, base gym, Hangar 15 and the base theater. Call 225-9121.

Diaper station

The 374th Airlift Wing Chapel's Mothers of Preschoolers are sponsoring a diaper change area near Hangar 15.

Closures

The following locations will be closed Saturday and Sunday: Officers' Club, Enlisted Club, Tomodachi Lanes, Outdoor Recreation Center, Arts and Crafts Center, and Auto Skills Center.

First aid

The American Red Cross will provide first aid and other medical assistance to festival goers Saturday and Sunday. The organization has a large booth next to Hangar 15 – look for the large red crosses.

Lost & found

The official Friendship Festival information booth, located near Hangar 15, will distribute schedules, answer questions, gather lost and found items and help lost children reunite with their parents.

164 Yokota Airmen make the grade for E-5

RANDOLPH AIR FORCE BASE, Texas – The Air Force has selected 14,614 of 36,405 eligible senior airmen for promotion to staff sergeant, a 40.14 percent selection rate. The rate dropped slightly from last year. Yokota had a 43 percent select rate.

"These senior airmen have shown they are ready for the next milestone in their career," said Chief Master Sgt. Dale Kenney, enlisted promotion and military testing chief at the Air Force Personnel Center here. "This group has demonstrated through performance and preparation the desire to serve as our newest NCOs."

Members who tested will be able to view their score notice on the virtual Military Personnel Flight on Aug. 11. Score notices allow Airmen to see how their Promotion Fitness Examination and Specialty Knowledge Test scores rank against those they're directly competing with for promotion within their Air Force Specialty Code.

The average score for those selected was 269.19 points, with the following averages:

-- 131.21 points for Enlisted Performance Reports

-- 57.54 for Promotion Fitness Exam

-- 52.79 for Specialty Knowledge Test

-- 17.32 for Time in Grade

-- 11.12 for Time in Service

-- 0.80 for Decorations

The average selectee has 1.92 years time in grade and 4.52 years in service. Those selected will be promoted to staff sergeant from September 2005 to August 2006.

The following Team Yokota senior airmen have been selected for promotion:

From the 624th Air Control Squadron: Adam Varsel.

From the 20th Operational Weather Squadron: Linda Brown.

From the Air Force Band of the Pacific-Asia: Kevin Keenom; and Natalie Madison.

From the 374th Security Forces Squadron: Franc Escarfullery; Paul Gaines; Charles Hoffman; Suzanne Martin; Joseph Soriano; Erica Thibodeaux; Marlin Thomas; and Bill Wheeler.

From the 374th Civil Engineer Squadron: Rosario Aguirre; Cynthia Barraza; Joshua Bates; Jesse Chapman; John Choi; Mervie Dotson; Micah Felder; Bob Fowlkes; Kevin Graves; Keith Jones; Cody Lovejoy; Crystal Nielson; Jason Penwell; Joe Stanford; Mitchell Thaxton; Phillip Tuncap; Gaspar Vela; Thomas Vernon; and Patrick Williams.

From the 374th Mission Support Group: Jacob Ballard; Omar Ngeonsangphun; and Angela Wellington.

From the 374th Airlift Wing: Jeremy Stupperich; and Jose Torres.

From the 36th Airlift Squadron: Sebastian DeAngelis; Rhodelyn Palisoc; Clinton Phillips; Joshua Purvis; and Jesse Richardson.

From the 374th Mission Support Squadron: Chris Blankenship.

From the 374th Communications Squadron: Fernadro Barnes; Ian Bendel;

Alix Bourand; Daniel Babrera; James Campbell; Eric Carter; Richard Carter; Erik Castilleja; Christopher Collins; William Edwards; Kristin Evans; Bradley Franklin; Brian Hernandez; Michael Lee; Eric Mann; Daniel Mason; Benjamin Matticola; Patrick McCafferty; Michael McCool; Ryan Murphy; Joshua Newton; Clyde Price; Andrew Puttonen; David Sider; and Taher Taher.

From the 374th Medical Support Squadron: Brian Andrew; Shelley Clayton; Leanna Cummins; Daniel Edgington; Charlitra Elzie; Michael Johnson; and Kenneth Lewis.

From the 374th Medical Operations Squadron: Pearl Gantt; Michelle Leonardis; Kristine Mayfield; and Terrence Rayford.

From the 374th Aerospace Medical Squadron: Donny Aspiras; and Lindsay Johnson.

From the 374th Operations Support Squadron: Erica Adams; Jonathan Adams; Stephanie Glover; Michelle Hayward; Justin Horrell; Nakita Lancaster; Alan Mabee; Elnora Overton; Robert Prato; Paul Wendl; Michael Williams; David Winkfield; and Joshua Woods.

From the 374th Maintenance Operations Squadron: Joseph Barba.

From the 374th Aircraft Maintenance Squadron: Elliott Boatman; Joseph Caladino; Johnny Campos; Lyle Dickie; Kazya Gillis; Kenneth Green; Tim Ortiz; Paul Ratliff; and Patrick Van Tatenhove.

From the 374th Logistics Readiness

Squadron: Richard Crom; Derrick Gerlich; Dwayne Gooden; Brandon Hatfield; Corey Hotel; Meghann Jordan; Beverly Lawrence; Joshua Meza; Leonard Ooten; Michael Prendes; Lashawndrea Price; Joseph Rettinghouse; Geoffrey Reyes; Capen Semones; Jill Smith; and Michael Torbett.

From the 374th Contracting Squadron: Justin Smith.

From the Pacific Air Forces Air Postal Squadron: Vincent Camacho; Johnathan Elzie; Maurice McKay; and Jason Riddick.

From the 374th Maintenance Squadron: Jason Barfield; Brandon Benson; John Eriksen; Obed Figueroa; J.D. Gift; James Gregory; Adam Henson; Brian Hiatt; Jonathan Keller; Christopher Mattice; Anthony Negrete; Preston Parker; Ray Pontemayor; Steven Poole; Royal Riley; and Gregory Watkins.

From the 373rd Intelligence Group: Adam Burnett.

From the 374th Air Mobility Squadron: Scott Bailey; Peter Cole; William Cosenza; Dwight Cruz; Leshon Davis; Julia Dunlap; Randal Ecker; Steve Eichelberger; Peter Feliciano; Alfonso Ignacio; Kurtis Jaynes; Tyler Kent; Robert Martinet; Paul McKenney; Roy McLaughlin; Lenard Melad; Tyler Spencer; Joseph Szelagiewicz; Jonathan Weppel; Mitchell Westin; and Terence Wright.

From the Air Force News Agency: Lance Heinzelman; and Gerald Hogue.

(Courtesy of Air Force Personnel Center and 374th Mission Support Group)

AD



New Arrivals

May 7 – Nicodemus Ragnar Eriksen, 6-pound, 14-ounce son of Jannette and John Eriksen.

May 8 – Kaleb Malachi Foggie, 8-pound, 8-ounce son of LaKiesha and Walter Foggie.

May 11 – Ciera Elonne Eure, 8-pound, 4-ounce daughter of Shawn and Darryl Eure.

May 12 – Davin Taylor Horn, 6-pound, 8-ounce son of April and Robert Horn.

May 14 – Charles Mason DuPuis, 8-pound, 11-ounce son of Marcia and Charles DuPuis.

May 24 – Alysha Carolyn Walker, 6-pound, 6-ounce daughter of Jill Smith.

May 27 – Tyler Joseph Wendl, 7-pound, 2-ounce son of Melissa and Paul Wendl.

May 29 – Brandon Toshiya Berg, 7-pound, 6-ounce son of Megumi and Jason Berg.

June 3 – Devon Mikkell Sullivan, 5-pound, 14-ounce son of Amber and Travis Sullivan.

June 4 – Aiden Alexander Fowlkes, 6-ounce, 11-ounce son of Ania and Andre Fowlkes.

June 5 – Olivia Claire Milliman, 6-pound, 9-ounce daughter of Andrea and Jeremy Milliman.

June 6 – Amiya Annabella Cuttill, 7-pound, 1/2-ounce daughter of Tiffany and Lonnie Cuttill.

June 8 – Brynn Alivia Babocsi, 8-pound, 3-ounce daughter of Jayme and Laszlo Babocsi.

June 8 – Hunter Tristan Goff, 8-pound, 11-ounce son of Hannah and Matthew Goff.

June 9 – Ezekiel Winkfield, 7-pound, 15-ounce son of Angel and David Winkfield.

June 10 – Jarett "Brody" Smith, 8-pound, 8-ounce son of Katie and Braden Smith.

June 16 – Mariah Noelani Camacho, 5-pound, 2-ounce daughter of Maria and Vincent Camacho.

(Courtesy of 374th Medical Group)

Yokota quick response team critical to rescue of Russian submarine

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

Members of the Samurai and Kensei community provided critical assistance to rescue efforts of seven Russian Sailors trapped 625 feet below the sea in their submarine Aug. 6.

The Russian sub became tangled in a fishing net Aug. 4 during a military exercise off Russia's Pacific coast near the Kamchatka peninsula in Siberia. With the sub's air supply dwindling, it was ultimately freed by a British submarine Aug. 8.

With only a few hours notice, a five-man team from Detachment 1, 613th Contingency Response Group prepared communications equipment, command and control resources and expertise to support the airlift mission out of an airfield in Yelizovo, Russia.

"When we got the call, we had less than two hours to prepare all our gear and get to the ramp for our C-17," said Tech. Sgt. Paul O'Daniel, Det. 1, 613th CRG mission support team chief. "We coordinated our mission requirements with the Tanker Airlift Control Center, U.S. Embassy in Moscow and other agencies to ensure we were on our way in a few hours."

While the 613th CRG team prepared, members of the 730th Air Mobility Squadron were also preparing a 60K loader, 10K loader and a team of five members to handle unloading and loading of the rescue equipment in Russia.

"Our team was ready to go

in a very short amount of time since we had folks on the ground at Yokota who loaded the K-loaders on the C-17 for us so we could get out of here as quickly as possible," said Master Sgt. George Johnson, 730th AMS noncommissioned officer in charge of cargo processing. "Without the help of Staff Sgt. Jeremy Coombs, Senior Airman Patrick Chavez and Airman 1st Class Kurtis Jaynes, we would have lost valuable time those sailors might not have had waiting for the rescue equipment."

The group was also supported by two materiel handling equipment mechanics from the 374th Logistics Readiness Squadron, Staff Sgt. Shaka Charles and Tech. Sgt. Gerardo Fonseca.

After the three-hour flight to Russia, the group started offloading the 60K loader, 10K loader and communications equipment.

"We noticed the 60K loader had a suspension problem but because of the limited time to rescue the trapped sub crew, we could only troubleshoot the problem during a two-hour break after offloading a British C-17," said Sergeant Charles. "We found an open valve, closed it and then pressed on with offloading the next aircraft."

The Yokota group worked nonstop for nearly 18 hours when they landed in Russia, taking cat-naps when they could. The team moved 230 passengers and offloaded more than 936 tons of equipment including the Deep Drone 8000 Remotely Operated



Photo by Staff Sgt. Shaka Charles

Tech. Sgt. Steven Ching, 730th Air Mobility Squadron, guides the loading of a crane for the Deep Drone 8000 Remotely Operated Vehicle. The equipment offloaded by a Yokota team was used to free a Russian submarine trapped 625 feet beneath the sea.

Vehicle used by the British to free the submarine.

"This was a really high-tempo operation with the limited air supply but we were all very happy to get word when the crew was freed from the netting," said Staff Sgt. Israel Soto, 613th CRG communications. "We had a short break after that and then started packing up and reloading all the equipment back on the aircraft."

The mission was accomplished with members of the entire team helping out in areas outside their specialties, but every member of the team said they learned a lot from the experience.

"This tasking was no different than others where we've left on very short notice for an unusual mission," said Sergeant

Johnson. "However, the tedious process of moving the cargo onto the K-loaders and then waiting for it to be craned off to offload the next item was very time consuming. It's not something we were used to but we worked with it – we were all glad to help."

Other team members from the 613th CRG include Maj. Pat Poon, mission commander; Tech. Sgt. Timothy Galunas, communications specialist; and Senior Airman Kenneth Griffin, command and control mission support NCO. Members of the 730th AMS team include Tech. Sgt. Steven Ching, special planning manager; Senior Airman Randal Ecker, MHE driver; and Airmen 1st Class Vincent Selvidge and Jeffery McAllister, ramp technicians.

REPORT TO HANGAR 15 ON MONDAY AT 2 P.M. TO MEET THE STARS!

HANG OUT WITH MODEL LEEANN TWEEDEN, COMEDIANS COLIN QUINN AND JEFFREY ROSS, AND HALL-OF-FAME FOOTBALL PLAYER GALE SAYERS DURING THE 2005 USO TOUR.

~WATCH THE SERVICES CHANNEL FOR DETAILS~

AD

Enlisted encouraged to be 'champions'

Strong core values, dedication a must to achieve excellence

By Senior Master Sgt. Sadie Knight
374th Medical Support Squadron

The Air Force employs more than 285,000 enlisted personnel with approximately 74,000 serving in the rank of staff sergeant.

Over the past few years our service has consistently promoted a very high percentage of senior airmen to the next grade.

According to the enlisted force structure, we must have a consistent, well-defined set of expectations, standards, and opportunity for growth.

Over the past few years, I have heard a number of com-

ments concerning the maturity, readiness, and commitment of these newly promoted Airmen. They have transitioned from the Airman tier and are now noncommissioned officers with responsibilities to lead others and to continue personal development.

As I look around my own organization, I realize that there are many golden opportunities to make a resounding impact on the future of air power with this very group of Airmen, hence the making of champions. It has been said that champions aren't born – they are made.

I am determined to leave a mark that cannot be erased. It is

incumbent upon me as a senior enlisted leader to invest whatever is necessary to forge an atmosphere that motivates and unlocks the energy needed to develop these young leaders. I must begin to speak those things that will shape their lives, their military careers and the future success of our Air Force. I must help them to distinguish between what matters and what doesn't, and to prioritize duties and responsibilities so they will be effective and productive.

I must also stress continuation of educational pursuits and self improvement activities while helping them to balance these areas with home and community involvement.

As a senior noncommissioned officer, I must embody and openly display the Air

Force's core values in my everyday walk, not just on duty but especially off duty. I will remember that whatever I tolerate I cannot change.

By discerning the untapped potential in these young leaders, I will place a demand on their gifts, talents, skills, and abilities by applying just enough pressure to push out every excuse, doubt, insecurity or unbelief that attempts to hinder them from maximizing their potential. I must always encourage them to go beyond that which is comfortable by simply believing in themselves that they can and will make a difference.

As I approach retirement, I am counting on them to carry on the traditions and customs.

More importantly, the world is counting on them.

Suicide video hits home for Airman at Dyess

By Senior Master Sgt. James Jarvis
436th Training Squadron

DYESS AIR FORCE BASE, Texas (AFPN) – Over my 19 years of military service, I have continuously been briefed about the importance of identifying and assisting my fellow Airmen who portray the classic signs of suicide.

However, it was during the making of an Air Combat Command video that the message finally became clear to me, as I now realize that this problem is bigger than I had previously imagined.

Since the inception of "ACC Off-Duty Survivor Stories: Suicide Choices; Terminal Consequences" video, I've had several coworkers, friends and even family members speak to me about their experiences and thoughts about this brutal subject.

I always believed this was a problem that only touched people whom I didn't really know, but now I realize differently.

In fact, I've had three coworkers and friends disclose how they had all lost siblings to this tragic and senseless act in the past few months, and it made me realize how close this problem really does hit home.

As I listened to each of them speak, I couldn't help but reflect back at my own attitude about this subject when I was a young Airman.

Embarrassingly enough, I actually believed all the hype surrounding the mental health clinic during that time in my career and thought I would be ruining someone else's career if I ever actually contacted those professionals on their behalf.

In fact, one night nearly 14 years ago, a friend of mine did cry out for help, and because of my ignorance and the false stigma attached to the mental health clinic, I'm ashamed to admit I really wasn't a good "wingman" for him.

Although I did make an initial call, I didn't feel right, and I wouldn't give up his name -- even through the persistent pleadings of the mental health professional on the other end of the line. I did, however, stay with my friend for several hours after he showed me his new handgun and spoke about his desperate despair of how he was going to shoot himself with his pending terminal breakup with his wife.

Although I still feel guilty today for not really fulfilling my duty as a good wingman, luckily, he didn't actually go

through with his desperate plan. Had he done so, I couldn't imagine the enormous burden and grief I would still carry with me today. In fact, given the opportunity to do it over again, I would definitely act differently as I now realize the professionals at Life Skills really do care about people and are an excellent resource for those in need.

My hope is that people will have an emotional experience when they watch our new ACC video production and carefully evaluate their own actions in the event they ever need to reach out and help one of their coworkers or friends.

As the name of the production implies, suicide is really a poor choice, and if made, will only result in a senseless terminal consequence for someone who really just needed a little assistance at the time.

The "ACC Off-Duty Survivor Stories: Suicide Choices; Terminal Consequences" is at <http://dodimagery.afis.osd.mil/davis/>. Enter "ACC Off Duty Survivor Stories" in the search engine.

I encourage everyone to watch it and help the Air Force address this devastating problem.

(Courtesy of Air Force Print News)

Making a difference: base's donation to AFEV

By Chief Master Sgt. Cathy Barker
374th Airlift Wing command chief

You have made a real difference! The total contribution from the men and women of Pacific Air Forces' for the Air Force Enlisted Village this year was \$15,776, Team Yokota contributed \$3,222 to that total.

The Air Force Enlisted Village was created to make sure that a safe, secure and comfortable place was available to any widow of a career enlisted service member. It is important to recognize the contributions of those that have gone before us and through your contributions to the Air Force Enlisted Village...we have the opportunity to remember and honor their contributions...by taking care of their widows that they have

left behind. This donation will benefit the widows that also made significant contributions and sacrifices in support of our Air Force and country. The donation is a great start to supporting the AFEV's assisted living facility Hawthorn House, which opens this month. This facility will provide Air Force widows who need additional care the ability to continue to live independently.

"Our #1 priority continues to be providing our widows and residents with quality care when they need it most," said former Chief Master Sgt. of the Air Force James Binnicker, president and CEO of AFEV.

Thank you for your contributions and for making a real difference for so many!

For more information, visit <http://www.afenlistedwidows.org>.



Published by Eight Co., Ltd., a private firm in no way connected with the U.S. Air Force, under exclusive contract with the 374th Airlift Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military service. Contents of the Fuji Flyer are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Eight Co., Ltd. of the products advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, martial status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

All photographs used in the Fuji Flyer are official Air Force photographs, unless otherwise indicated.

How to reach us

Editorial content is prepared by the 374th Airlift Wing Public Affairs Office, Bldg. 315, Yokota Air Base, Japan.

Phone: 225-8833

Fax: 225-4867

Mail to: 374 AW/PA, Unit 5078, APO AP 96326-5078 or send to: fuji.flyer@yokota.af.mil

Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

Editorial staff

Col. Scott Goodwin

374th Airlift Wing commander

Capt. David Westover

Chief, Public Affairs

Capt. Warren Comer

Deputy Chief, Public Affairs

1st Lt. Ben Alumbaugh

Chief, Plans and Operations

Master Sgt. Dominique Brown

Superintendent, Public Affairs

Staff Sgt. Karen J. Tomasik

Chief, Internal Information

Airman 1st Class

Katie Thomas

Editor

Eight Co., Ltd.

Publisher

DUI Prevention

July 27 – Aug. 2	0
Total DUIs in August	0
Total in 2005	6

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Takin' it to th

Airmen, families celebrate Tanabata season with locals

By Airman 1st Class Katie Thomas
Editor

This isn't the first time Americans have paraded through crowded Japanese streets.

For more than 30 years, Airmen and their families have donned happi coats and head bands to celebrate the Fussa Tanabata Festival with the base's primary neighbor.

Approximately five dozen community members volunteered to carry a portable shrine, called a mikoshi, that weighs more than half of one ton.

Among those, eight were from the 374th Airlift Wing legal office.

"Staff Sgt. Maria Franz [from our office] just came around one day and asked if she could sign us all up for the festival," said Maj. Brandon Hart, legal office. "We really didn't know what we were signing up for but we had lots of fun when we were out there carrying the shrine."

Both adults and children enjoyed participating in the tradition, and the office members are excited to join the 2006 festivities, he said. This was the first year most of the office members participated in the festival.

The volunteers wear traditional Japanese coats and head bands that are provided by the Fussa City Office. The shrine that they carry is a small sake barrel shrine. It is walked through the city's streets to allow the Japanese gods a chance to get a taste of the living world, according to the culture's traditions.

Yokota's shrine joined numerous other shrines from the city.

The story behind the Tanabata Festival is more than 2,000 years old and hails from China. In the story, a princess named Orihime and a prince named Hikoboshi meet then spend their days playing. Each neglects their responsibilities and jobs. As a result the king allowed them only to see each other once a year. The couple is separated by the Milky Way, or Amanogawa River. The festival is celebrated on either July 7 or Aug. 7 throughout Japanese homes, schools and cities.

Fussa's festival spans three days and includes numerous traditions such as mikoshi carrying. People also hang up colorful streamers and tanzaku paper that have written wishes on them. Lanterns and floats are put upon nearby rivers, and fishing nets are displayed to bring good luck to the upcoming fishing and farming seasons.

Also part of the celebration was the Air Force's Band of the Pacific-Asia, who provided a musical presentation during the city parade.

The band is an associate unit here, and it has sister units in Alaska and Hawaii.

Other unique Japanese celebrations include: Coming of Age, or seijin no hi, on the first monday of January; National Foundation Day, or kenkoku kinenbi, on Feb. 11; doll festival, or hina matsuri,

on March 3; Greenery Day, or midori no hi, on April 29; Golden Week at the end of April and beginning of May; Children's Day, or kodomo no hi, on May 5; Ocean Day, or umi no hi, on the third Monday of July; Health and Sports Day, or taiiku no hi, on the second Monday of October.

(Information provided by <http://www.japan-guide.com> and <http://www.gojapan.about.com/>)

JP



More than 50 Yokota servicemembers and their family members dressed in traditional Japanese happi coats and head bands to carry the base's mikoshi shrine Aug. 12. The shrine weighs more than half a ton and has five barrels of Japanese sake centered on it.



The coats that the mikoshi-shrine volunteers wear are donated by the Fussa City Office. Volunteers are encouraged only to participate if they are in good physical health. The 374th Airlift Wing Public Affairs office has coordinated the volunteer participation throughout the base's 30 years of participation.



A Japanese priest blesses the Yokota shrine after in downtown Fussa. More than a dozen other parade. Right, the Yokota sake shrine lays sand other local shrines during the annual Fussa Tanabata one of the largest celebrations in the city each

ne



for it finds its final destination
shrines were part of the
which between numerous
abata Festival Aug. 12. It is
year.

Taking a bite out of crime

Cops, K-9s join forces to bring the bad guys in

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

There should be only one set of dogs anyone should see at Friendship Festival: military working dogs from the 374th Airlift Wing Security Forces Squadron K-9 Unit.

With the sheer volume of people on base Saturday and Sunday the men and dogs will be working long hours to make sure everyone is able to enjoy themselves safely.

"We'll be out there all day making sure everything is okay," said Tech. Sgt. Gerald Dion, 374th Security Forces Squadron K-9 unit. "But at the end of the day, in all this heat, we'll be carrying the dogs."

Not only does the heat provide a challenge for the unit, working in an overseas environment provides several others as well.

"Going from a stateside base to an overseas base is a big adjustment," said Staff Sgt. Kurt Otto, K-9 unit. "We have to learn Japanese for all of our commands, such as the command for releasing the dog, which isn't such a big deal, but it is something different."

The unit utilizes a few measures to help them make the necessary adjustment to being in Japan. The first one is Japanese National dog-handler Naokazu Tajika.

Mr. Tajika has been a dog handler with the K-9 unit for 10 years and is the first and only Japanese national to go through the dog handler course at the Department



photos by 1st Lt. Ben Alumbaugh

Above, Tech. Sgt. Gerald Dion, 374th Security Forces Squadron K-9 Unit, demonstrates the abilities of Civil, a German Shepard and one of the military working dogs here, during a role playing exercise showcasing the dog in a scenario where someone resists the a security forces member and tries to run. Below, Naokazu Tajika gets some love from his military working dog, Don, a German Shepard, while enjoying some time outside in the exercise area.

of Defense military working-dog school at Lackland Air Force Base, Texas.

"He's unique," said Sergeant Otto. "He helped me learn the proper Japanese phrases, which if you hear me you know it's not the easiest for me to do."

Mr. Tajika also helps coordinate incidents and events off base as well.

"If it has to go outside the squadron, we go to him first," said Sergeant Otto.

The second measure the unit uses to adjust to being in Japan is training with Japanese officials in the area.

"We train with the Japanese customs officials every so often," said Sergeant Otto. "It's something I have never experienced before. The way we train is so different, but it is interesting to see how they train."

"The Japanese train with real live odors

for drugs and bombs," said Sergeant Otto. "Whereas we train with different methods for our dogs, so it's interesting to see the difference in how the dogs react."

One thing that isn't different is the bond between handler and dog.

"We rely on one another," said Sergeant Dion. "People may laugh, but these are our partners and we build a relationship with one another."

"The whole Air Force K-9 career field is a real small community, so we not only bond with our dogs but with one another," said the sergeant. "You can't go to any location and not know someone. We are always together and you can

tell the bond people in the K-9 community have with one another."

As people roam around the area soaking up all that Friendship Festival has to offer, they should be aware of the importance of the military working dogs and their duty at the festival.

"One thing we really want to impart on people is not bringing their pets to the festival," said Sergeant Dion. "We have a mission out there and while we are happy to talk to people and have pictures taken; having other dogs out there makes it hard on our dogs to focus on their mission: keeping everyone safe and sound."



AD

Off base

Mizuho Summer Festival: This annual event features Taiko performances, mikoshi carrying, flea markets, food and game booths, and more. It is Saturday from 1:30 to 8:30 p.m. around the town office.

Japan Do-It-Yourself Home Center Show 2005: This event includes numerous exhibits and items for sale Aug. 26 and 27 from 9:30 p.m. to 4 p.m. at the Makuhari Messe.

25th Asakusa Samba Carnival: This is the most famous samba festival in Japan. It includes more than 4,500 dancers from Latin America. The carnival is at the Asakusa Temple Aug. 27. It is located around the subway's Asakusa station. Visit <http://asakusa-samba.jp/>.

Ancient Egypt exhibition: The Daimaru Museum in Tokyo is hosting 110 historical remains such as a mummy and mask through Aug. 28. It is from 10 a.m. to 8 p.m. at the museum, located near the JR Tokyo Station's Yaezu Exit.

Hawaiian Mele and Hula: The Aloha Music Group is hosting this event, including dance teams from Ome, Hamura and Akishima. It is Aug. 28 at the Ome Civic Hall beginning at 1 p.m.

O-edo Kotto-ichi: This is a popular antique market that includes both Japanese and western items. The market is at the Tokyo International Forum from 8 a.m. to 4:30 p.m. Aug. 28. It is located on the JR Yamanote Line's Yurakucho Station, exit A4b.

Super Yosakoi 2005: More than 90 dancers will perform on Harajuku's main street, or omote sando, Aug. 27 and 28. There will be traditional dance, stage events and a local goods market also open during this annual event. It is located near the JR Yamanote Line's Harajuku Station.

Edo Tokyo Museum's summer event: A special stage will be set up in front of the museum. Visitors can experience Kabuki music instruments, kimonos, and Rakugo and Sumo music. The museum is a three-minute walk from the JR Sobu Subway O-edo Line, Ryogoku Station. It is open from 9 a.m. to 5:30 p.m. through Aug. 31.

National Museum of Art special exhibition: The museum is showing about 200 items from the Dresden National Museum in Germany through Sept. 19. It is open from 9:30 a.m. to 5:30 p.m. daily, and located on the JR Yamanote Line's Ueno Station, Koien exit.

Japan Soccer Museum special exhibition: The museum is showing famous players' personal items aside from its usual displays through Oct. 10. It is open from 10 a.m. to 7 p.m., and is located near the JR Chuo Line's Ochanomizu Station.

On base

Movies

Today – *Dukes of Hazzard*, PG-13, 7 p.m., 9:30 p.m.

Saturday – *Batman Begins*, PG-13, 2 p.m.; *Dukes of Hazzard*, PG-13, 7 p.m., 9:30 p.m.

Sunday – *The Perfect Man*, PG, 2 p.m.; *Dukes of Hazzard*, PG-13, 7 p.m.

Monday – *Land of the Dead*, R, 7 p.m.

Tuesday – *Batman Begins*, PG-13, 7 p.m.

Wednesday – *Dukes of Hazzard*, PG-13, 7 p.m.

Thursday – *The Perfect Man*, PG, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Education

The cutoff date for all Community College of the Air Force graduates for October is Aug. 26. Community members should contact the Base Training and Education Services flight at education.center@yokota.af.mil or call 225-7337.

The University of Oklahoma is offering an on-site graduate program here. Application for admission is ongoing. Registration is 30 days prior to each class session. Classes are only one week long. Call 225-3869.

The University of Phoenix is offering management and education programs here. Students can complete an application free of charge for a limited time. Call 225-2496.

Teen conference

A teen conference is being held at the Taiyo Recreation Center Aug. 26. Base teenagers are invited to attend.

MSA closure

The munitions storage area is closed Sept. 6 to 9 for its annual inventory. All turn-ins or issue requests must be made 10 days prior to the inventory because the storage area will process no issue or turn-in requests during that time.

Auditions

The Yokota Players* is holding auditions Thursday from 7 to 9 p.m. at the Family Support Center for orchestral musicians for the upcoming production of "Guys and Dolls." E-mail yokota_players@yahoo.com.

Culture class

The Family Support Center is hosting a 10-week Japanese culture class Sept. 14 to Nov. 16. Classes include kimono dressing, Tanabata dancing, Japanese tea ceremony and Japanese cooking. Call 225-8725 to sign up.

Holiday parties

The Enlisted and Officers' Clubs will be holding its official holiday party drawing this year Sept. 7 beginning at 3 p.m. in the Officers' Club Samurai Lounge. One member of a unit must be present during the drawing enter. Call 225-8526.

Kanto Shuttle

The 374th Services Division is now providing a shuttle between the Kanto Lodge and AMC terminal six hours before departures and as required after arrivals. The cost is \$2 per person.

Medical closures

The 374th Medical Group will be closed Aug. 26 for its annual picnic after 11 a.m. The emergency room will remain open for patient care during the picnic.

Comedy showcase

The Enlisted Club is hosting a stateside comedy showcase tonight beginning at 9 p.m. in the Spectrum Lounge. It is for adults-only, and members get in free.

Family Advocacy

Family Advocacy holds several free classes including baby care basics, marital enrichment, anger management, single-parent support, stress management, parenting and more. Call 225-3648 for details or to sign up.

School lunches

Free and reduced school lunch applications for the 2005-2006 school year are available at the base schools. Students should re-apply each school year for these lunches. Call 225-3438.

Meeting

The base exchange and commissary advisory meeting is 9 a.m. in the mission support group's conference room in Bldg. 316. Community members should forward questions and concerns to reynoldst@aafes.com prior to the meeting. Call 225-3700.

Tama Express

A services shuttle will offer weekend routes to Tama Hills beginning Sept. 9 at 6:30 p.m. Tickets can be purchased at the Yujo Recreation Center for \$5 per person. Call 225-7720.

Honor Guard

The base honor guard is holding a seminar Monday through Aug. 26 from 5 to 6 p.m. in the bottom of Tower 2000. Officer and enlisted members who are interested in joining the guard are encouraged to attend the seminar. E-mail yokota.honorguard@yokota.af.mil.

Samurai Warrior



of the Week



Tech. Sgt. Larry Cutting

Tech. Sgt. Larry Cutting, 374th Maintenance Group, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of sympathy toward all people, sincerity and respect for one's word of honor, absolute loyalty to one's superior, and a duty to defend the honor of one's name and guild.

Sergeant Cutting is the fabrication inspector for the quality assurance flight. His ingenuity, hard work, and resourcefulness saved 288 hours of C-130 downtime after he resolved four requests for depot engineer assistance, allowing repairs at base level. His diligence in working and negotiating with structural engineers at Warner-Robins Air Logistics Center resulted in the wing quickly securing C-130 wing crack repair plans and increase availability of mission capable C-130 aircraft by 36 percent.

AFN Salutes

"AFN Salutes" is seeking outstanding troops, civilian employees and volunteers to spotlight. Supervisors can send in award-winners information to AFN.Eagle810@yokota.af.mil. Submissions run for two weeks.

Arts and crafts

The Arts and Crafts Center is hosting a "Thank Goodness Its Friday!" scrapbooking party Aug. 26 from 6 to 9:30 p.m. The cost is \$5 per person and bring a potluck dish to share. Call 225-7837.

The center is also hosting a paper and soba noodle making workshop for its September field trip. Call 225-7837.

Children's theater

The Missoula Children's Theater* is holding theatrical workshop auditions Monday at 10 a.m. at the Taiyo Recreation Center. Youth can try out for parts in the "Hansel and Gretel" musical the theater will perform Aug. 26 at 3 p.m. and 6 p.m. at the Taiyo. Call 225-6955.

Welcome back

The Officers' Club is holding a welcome back theme night for base teachers Aug. 26 beginning at 5 p.m. The night includes music, food and prizes.

Meetings

The Tanabata Dancers* hold practice every Friday night at the Taiyo Recreation Center from 6:30 to 8 p.m. Community members of all ages are invited to check out the group during its weekly practices at the Taiyo. E-mail tanabata_dancers@hotmail.com.

The Sons of Hawaii* meet every third Saturday. Call 225-2877.

The Filipino Association* meets every third Saturday at the West Chapel at 6 p.m.

Chapel events

The Protestant Youth of the Chapel* hold a high school youth group every Monday from 6:30 to 8:30 p.m. in the building behind the main chapel. A junior high school youth group is held every Wednesday from 6:30 to 8:30 p.m. behind the main chapel. Call 225-7009.

The Protestant Singles of the Chapel* holds a free dinner and study night every Tuesday from 5:30 to 7 p.m. Single community members, servicemembers and Japanese Nationals are invited to attend. Call 225-7009.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical/Lutheran service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Contemporary (East) Chapel

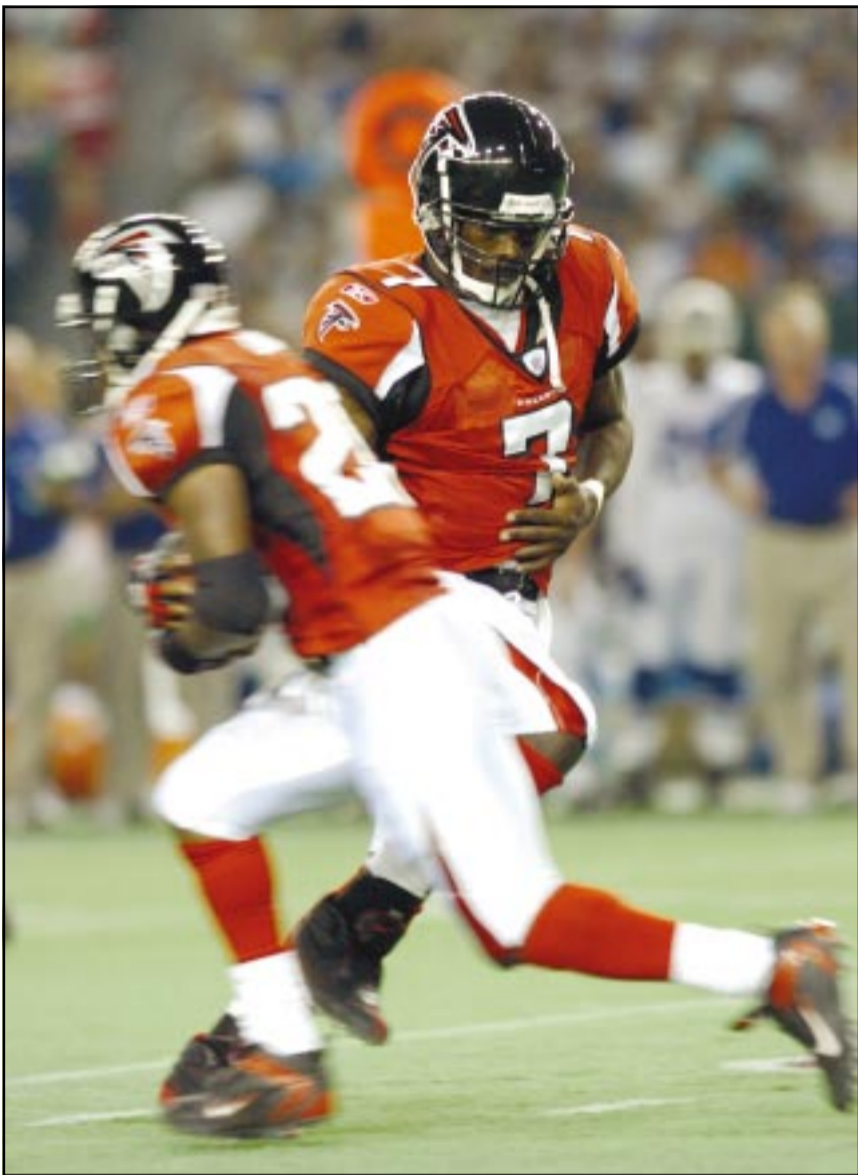
Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Call 225-7009 for more information.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

Up the middle



above photo by Yasuo Osakabe, inset by Tech. Sgt. Corey Clements

Atlanta Falcons quarterback Michael Vick hands the ball off to running back Warrick Dunn during the first quarter of the National Football League's Tokyo Dome game against the Indianapolis Colts Saturday. The Falcons won the game 27-21. Approximately 100 servicemembers and their families were recruited to help during the opening and half-time shows on the field. The volunteers came from bases across the Kanto Plain including Yokota, Yokosuka Naval Station, Atsugi, and Camp Zama.



Hospital encourages parents to plan ahead

Physical, sports exams in high demand

By Maj. (Dr.) Christine Nefcy
374th Medical Operations Squadron

Regular physical exams or wellness visits are an integral part of healthcare for our children. Those visits are an excellent way for physicians to monitor how a child is growing and developing physically, mentally and socially.

Physical exams are also an opportune time to address preventative topics like routine immunizations, safety, nutrition, exercise and parenting.

The recommended frequency of physical exams is somewhat debatable the older a child gets, but current guidelines suggest an infant be seen at one week, two weeks, two months, four months, six months, 12 months and 18 months.

The Department of Health and Human Services recommends a doctor visit annually up until the age of 6 years and every two years after that.

The American Academy of Pediatrics supports, and the Air Force requires, an exam every year if a child is participating in sports. The only school physical that is required is if a child is in enrolled in the "Sure Start" program.

Obviously the demand for sports physicals is high here, especially during the summer months and some parents are under the mistaken belief that their child needs a separate physical exam at the start of each sports season. Sports physicals done in the pedi-

atric, family practice or flight medicine clinics are good for a full year.

In an effort to prevent the huge summer surge at the start of school, the hospital is asking parents to schedule their child's physical in their birth month. This allows the clinics to anticipate how many appointments they will need on a monthly basis and makes it easier for families to remember when their child was last seen.

Pediatrics is a very busy clinic. It takes approximately 300 appointments a month to meet the requirements for well and sports physical exams alone. Often, the clinic will find that patients who have appointments booked for these well and sports physical exams fail to keep their appointments.

When this happens, these appointments cannot be filled with another patient and are therefore

lost. More frustrating is that the patient who failed to show for the appointment very often must be scheduled for another appointment later because he or she still needs a physical. The clinic understands that sometimes unavoidable situations arise that can cause a missed appointment, however the clinic asks that patients give 24 hours notice if they will be unable to keep your appointment. This allows the staff to schedule that appointment time for another patient.

For more information about physical or wellness exams, call the hospital's appointment line at 225-8864 or talk with a family practice or pediatrics doctor.

"Physical exams are also an opportune time to address preventative topics like routine immunizations, safety, nutrition, exercise and parenting."

Maj. (Dr.) Christine Nefcy
374th Medical Operations Squadron

Base doctors: keep eye on prize with health, safety

Community cautioned to pay close attention to activities that are highly probable to cause injury

When most people go out to mow the lawn, jump-start the car, use household cleaners or participate in a sport activity, the last thing they think about is protecting their eyes, but it should be one of the first.

In honor of Eye Injury Prevention Month, eye doctors across the country are urging Americans to stop endangering their eyes because extraordinary damage is often caused by the most ordinary of activities.

More than one million people suffer from eye injuries each year, but 90 percent of these eye injuries could have been prevented if

the individual was wearing "ANSI Z87.1"-approved protective eyewear.

To avoid injuries, the Health and Wellness Center and optometry clinic ask base residents to keep a pair of goggles in their trunk to use if they need to jump-start a car. Battery acid, sparks and debris flying from damaged or improperly jump-started auto batteries can severely damage the eyes.

Many household chemicals, such as cleaning fluids, detergents and ammonia, are extremely hazardous and can burn the eye's delicate tissues. When using chemi-

cals, always read instructions and labels carefully, work in a well-ventilated area and make sure spray nozzles point away from you and others before spraying. Be sure to wash your hands thoroughly after use.

Before using a lawnmower, power trimmer or edger, check for debris. Stones, twigs and other items can become dangerous projectiles shooting from the blades of a lawnmower, potentially injuring your eyes or those of innocent bystanders.

To avoid playtime eye injuries parents should avoid toys with sharp points, rods and sharp

edges. Keep toys intended for older children away from young children. Also supervise children playing with flying toys or projectile-firing toys to guard against injury.

Most sports eye injuries can be avoided with the use of proper sport eyeguards with polycarbonate lenses when participating in a sport. Prescription glasses, sun glasses and occupational safety glasses do not provide adequate protection. The eyeguards should fit securely and comfortably with sufficient padding along the brow

and bridge of the nose. If community members wear prescription glasses, they should ask their eye doctor for assistance in purchasing eyeguards with prescription lenses.

Prevention is the first and most important step in avoiding serious eye injuries, be sure to protect eyes with appropriate protective eyewear.

For more information contact the Health and Wellness Center at 225-8322 or the MDG Optometry Clinic at 225-8404.

(Courtesy of 374th Medical Group)



“Quotes” & Things

“The best way to save face is by keeping the lower part of it shut.”

Lou Holtz

Football: The Yokota Warriors varsity football team is playing Saturday beginning at 6 p.m. at the Yokota High School Field. Community members are invited to attend and cheer on the Warriors to victory.

Softball: The 1st Kanto Kup is Sept. 2 to 5. The tournament fee is \$275 or 30,000 yen. Teams must sign-up by Monday to participate. Call 225-8889.

End of Summer 5K: The base fitness center is sponsoring a 5K run Aug. 26 beginning at 7 a.m. at Yokota Field. The race includes four competitive categories for men and women, and free t-shirts.

Golf: The Par 3 is hosting family moonlight golf Aug. 27 from 7 to 10 p.m. It includes free food, golf lessons, prize drawings and more. The cost is \$1. Call 225-8815.

The Tama Hills Golf Club Championship is Sept. 24 and 25, and Oct. 1 and 2. The cost is \$65 and includes cart rental, four lunches, prize drawings and more. Call 225-8815.

Dog Days of Summer: The Sakana outdoor pool is hosting its annual Dog Days of Summer Sept. 5. Servicemembers, civilians, and their dogs are invited to enjoy this final day for the pool's season. Call 225-7246.

Scuba diving: The Natatorium is hosting a scuba diving course Aug. 27 through 28 from 9 a.m. to 4:30 p.m. each day. An open water session is planned for Sept. 10 and 11. Call 225-6133.

Body building: The 7th Annual Central Japan Bodybuilding Championships is Aug. 28 beginning at 8 a.m. The cost is \$15 to enter, and finals admission is \$5. Call 225-8881.

Bowling: Tomodachi Lanes is hosting Xtreme Glow Karaoke bowling Aug. 27 from 8 to 11 p.m. Shoe rental is free, and lanes are \$12 with five people per lane. Call 225-7191.

Swim team: The Yokota Stingrays swim team is looking for new members. Call the Natatorium at 225-6133.

Running circles around competition

Six Yokota Airmen take AF marathon challenge

By Senior Master Sgt. Freddy Estacion
374th Services Division

In support of the “Fit to Fight” program, six Yokota warriors are training for the 2005 Air Force Marathon scheduled in September at Wright-Patterson Air Force Base, Ohio.

Chief Master Sgt. Nathaniel Bernardo, 374th Communications Squadron, a Honolulu and two-time marathon veteran, began training with his team the first week in May. Team members are Capt. Jun Laureta, 374th Communications Squadron; Senior Master Sgt. Freddy Estacion, 374th Services Division; Senior Master Sgt. Teresa Holmes, 374th Operations Support Squadron; Master Sgt. Mario Lapurga, 374th Civil Engineering Squadron; and Master Sgt. Rex Sarmiento, 374th Logistic Readiness Squadron.

Chief Bernardo stresses that 26.2 mile distance of the marathon requires adequate preparation, self-discipline, and dedication to complete the necessary training for the event. His goal for the team is to have everyone finish their first marathon without injury and enjoy the marathon experience at the same time.

“This is my first AF marathon. The only running I did was our mandatory Squadron PT and the Wing Readiness 5K runs,” said Sergeant Sarmiento. “I never thought I could complete the first two weeks of training, but with self-discipline and dedication, I’m still with the team. I lost more than 20 pounds and my endurance got better and I’m getting great support from my squadron.”

The chief’s simple training plan focuses on gradual increase in long run mileage by running four times a week, incorporating cycling and weight-lifting for cross-training techniques.

As the date for the race approaches, the team is gearing up for the two remaining runs of 18 and 20 miles respectively. The team has endured early wake up calls to meet their training runs of 5 a.m. on weekdays and 4:30 a.m. on Sundays.

“Before I started the training I had a hard time completing the 3-mile physical training that we have every week, I usually stopped two or three times to catch my breath,” said Sergeant Lapurga. “Now I can complete the course without any stopping and my pace is little bit faster than



photo by 1st Lt. Ben Alumbaugh

Senior Master Sgt. Freddy Estacion, Master Sgt. Rex Sarmiento, Master Sgt. Mario Lapurga, Senior Master Sgt. Teresa Holmes and Capt. Jun Laureta cross-train for the Air Force marathon.

before. I’m looking forward in finishing the AF Marathon.”

All six runners are member of the Yokota Striders Club. The Club had sponsored the team on several local community races to include 14K Yamanaka Road Race and 20K Fuji Fire Race and will also sponsor the team for the AF Marathon.

“This is the second team that I have trained for the AF Marathon and I truly enjoy the experience of helping these troops raise

their fitness condition to another level,” said Chief Bernardo. “Each team member has already accomplished a lot during our training accumulating at least 300 miles individually and each is already a winner by being able to run at distances beyond their imagination ... finishing the AF Marathon is just an icing on the cake.

“We are proud to represent our units and the wing in the AF Marathon.”

Community encouraged to fight laziness

Diet, exercise fend off excess body fat, deadly diseases

During the past 20 years, there has been a dramatic increase in obesity in the United States.

Nearly one-third of all adults are now classified as obese according to an article published in the Journal of the American Medical Association.

The Centers for Disease Control and Prevention defines obesity as having a Body Mass Index of 30 or higher. BMI is a measure of an adult’s weight in relation to his or her height.

In 1990, zero states had obesity rates greater than 15 percent. In 2003, 15 states had rates of 15-19 percent; 31 states had rates of 20-24 percent; and 4 states had rates more than 25 percent. One of the national health objectives for 2010 is to reduce the prevalence of obesity among adults to less than 15 percent.

But the national trend of higher obesity rates does not seem to be slowing down for adults over 20.

Perhaps more alarming is the percent of children who are overweight. Among children and teens ages 6 to 19, 16 percent (or, more than nine million) are overweight according to 2002 data, or triple what

the proportion was in 1980.

The obesity epidemic covered on television and in newspapers did not occur overnight. Obesity and overweight are chronic conditions resulting from an energy imbalance over a long period of time. This involves eating too many calories and not getting enough physical activity. These are the greatest areas for prevention and treatment.

Physical activity does not have to be strenuous to be beneficial. In fact, it is defined as any bodily movement that results in an expenditure of energy. Moderate physical activity such as 30 minutes of brisk walking five or more times a week also has health benefits.

The Surgeon General’s “Call to Action to Prevent and Decrease Overweight and Obesity 2001” identifies steps that can help prevent and decrease obesity and overweight:

✓ **Reduce time spent watching television and in other sedentary behaviors.**

✓ **Build physical activity into regular routines.**

✓ **Choose food options that are low in fat, calories, and added sugars.**

✓ **Create more opportunities for physical activity at work sites.**

✓ **Eat at least five servings of fruits and vegetables a day, and choose reasonable portion sizes.**

✓ **Encourage food vendors to increase the availability of low-calorie, nutritious food items.**

Remember that a safe and reasonable amount of weight to lose in one week is one to two pounds. Anyone attempting to lose a large amount of weight should consult with a physician or health care professional before beginning a weight-loss program.

“We are committed to helping our community fight this problem with education and lifestyle management training,” said Maj. Sheila Thornton, health promotion flight commander.

She added, “We offer weekly seminars in general fitness on Mondays from 9 to 10 a.m., and general nutrition on Mondays from 1 to 1 p.m. SOFA-status members can also enroll in Fitness Improvement or Body Composition Improvement Programs by emailing hawc.scheduling@yokota.af.mil.”

(Courtesy of Health and Wellness Center. Additional information from Behavioral Risk Factor Surveillance System, CDC.)